

Value of Battle Fleet's Voyage to the Pacific

By REAR ADMIRAL JOHN F. MERRY.
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It has been stated that the Pacific coast is as much a part of the United States as the Atlantic coast, and that a battle fleet of the American navy is as much at home, and ought to be so regarded, when on the Pacific as on the Atlantic coast. From this it may be argued that the officers and men of the navy ought to be equally familiar with the waters of the Pacific and the Atlantic.

The cruise of the battle fleet to the Pacific is a most excellent idea, and I believe that it will be fruitful of the most advantageous results. It will prove to be, indeed, one of the very best movements conceived and executed by the naval administration in time of peace.

On this voyage to the Pacific the officers, the men and the ships of the navy will receive desirable test and experience. It is the business of a naval man to become familiar with the water, not only in comparatively protected areas of appointed rendezvous, but with all the water under all the circumstances which his ship would have to traverse from one boundary to the other of his own country at least. No voyage which under all the conditions could be planned is so well calculated to familiarize the sailor with every variety of wind and wave as the voyage which the American battle fleet is now about to undertake.

Americans feel that we have at least as good officers and men and as good ships as any other navy in the world. The voyage to the Pacific will have the important result of demonstrating that fact, and if there are any imperfections in our ship's designs or structural weaknesses in our vessels, or if the personnel requires some additional development, those things will be revealed and remedied.

The best seaman, officer or man is he who has been trained as an apprentice under conditions approximating as closely as possible those which he will have to encounter in actual service. The best ship is that which has been tested and found not wanting in any stress. And the best navy is the navy, other things being equal, that has prepared for actual service in time of war by practice and maneuvers in time of peace which have most closely approximated the conditions of battle voyages and engagements.

The coming practice cruise of Admiral Evans' battle fleet will do the service more good than has been rendered since the Spanish war. To test their sea-going qualities, ships must be tried in a sea-way, and to make sailors men must have a sea experience. Lying about our harbors at the "rings of their anchors" does not give the required experience at sea. Lying by at the "clews of the topsails" is a much better experience. Not only will the man behind the gun and the officers of all ranks acquire experience by this cruise, but the department at Washington will learn what preparations are necessary when an expeditionary force is obliged to be sent to the Pacific coast.

J. F. Merry

The Physiology of Fat Forming

By ANDREW WILSON,
Eminent English Scientist.

The nature of fat-formation, and the causes to which obesity is due, might at first sight appear to form a topic of interest to the physiologist and medical man alone. A little consideration, however, will show that the subject presents what may be called a social aspect, and one which brings it well within the purview of the man in the street, especially if he inclines to the "too too solid flesh" side of things. Judging from the number of announcements relative to fat-reducing methods and drugs which appear in journals, there must exist a very large proportion of human beings who suffer from corpulence and its effects. One may well understand the comfort which an over-stout person experiences even in the hope that the swallowing of a potion will reduce his proportions, though it is to be feared that drugs alone, if medical opinion is to be trusted, cannot accomplish this desirable end. Recent analyses by a medical journal of fat-reducing nostrums, it may be added, do not serve to strengthen a belief in their virtues.

I think we should draw a distinction in cases of obesity between weight of body due to simple and natural growth without excess of fat, and that which is caused by fat-overgrowth. There is, obviously, a very plain distinction to be drawn between the two cases. A man may come from a big-bodied stock, and his weight may exceed that of the average mortal; none the less, he may be a perfectly healthy individual, whose build simply causes him to lean to the large size. The case of his neighbor may be very different. We may find the second man to suffer from a regular increase of the fatty tissue a certain amount of which is to be regarded as a natural constituent of our frame. The disadvantages of obesity are numerous. We get, of course, impaired vitality, and inability to discharge the duties of life. Then, there exists a danger of fatty degeneration taking place in the muscles, especially in the heart-muscle, and in other organs of the body. The lean and the spare, besides, seem to resist disease-attack better than do fat persons; and, whilst the happy medium here, as elsewhere, may be desired, we may assuredly hold a brief for the lean man as against the stout-bodied individual in the matter of health.

The physiology of fat is one of the most interesting studies in life-science, if only because it involves very singular considerations, leading us far afield into the ways of living beings. One lesson we learn very early in the course of our researches is that fat, as such, does not go to the making of fat in the body. Fat, as a great physiologist once remarked, is made from that which is not fat; and the materials which undoubtedly constitute the chief fat-forming foods are starches and sugars. Consider the case of the cow feeding on grass, which contains little else than starch, and not much of that material at its best. Her milk yields a considerable quantity of fat, which must represent transformed starch. Or think of the bee making its wax—a form of fat—from the sugar it sips from the flowers. Corpulence, indeed, apart from a natural tendency to largeness of frame, is mostly the result of erroneous living. "The simple life" here really implies a selected life—selected, that is, in the nature and quantities of the foods it consumes.

IN THE PUBLIC EYE

PROPHESIES A REVOLUTION



Dr. W. J. McGee, the distinguished ethnologist and geologist, who is the secretary and main-spring of the inland waterways commission, predicts a revolution within a few years. If the railways are allowed to continue grabbing riparian rights, throttling navigation and depriving the country of its greatest single source of wealth, its waterways.

And Dr. McGee is no wild sensationalist, but a cool-headed scientist and investigator. He points out that, with the exception of Vicksburg, there is not a single town between St. Paul and New Orleans whose river fronts and bridges have not been grabbed by the railways with the kind assistance of the legislature. The doctor's idea is that by redeeming the river fronts and developing waste water power, the whole cost of improving the rivers would be paid for in a few years.

Dr. McGee is a self-taught scientist. While he was working on a farm he was studying Latin, higher mathematics, astronomy and surveying. He had charge of the bureau of ethnology from 1893 to 1903, resigning to become chief of the department of anthropology at the St. Louis exposition. He was the first president of the American Anthropological society, and later was president of the National Geographical society. He has done some valuable exploring work himself, his topographic survey of northwestern Iowa being the most extensive ever made in America without public aid. He is now secretary of the inland waterways commission, which has in charge the deepening and improving of our inland navigation, together with the reclamation of land and the development of water power.

Dr. McGee was born in Iowa in 1853. He is known among his friends as "No Period" McGee, for he never uses periods after his initials. He maintains that everyone calls him "W. J." and that that has become his name and ceased to be initials.

NEW MAYOR OF ROME



Ernest Nathan, the new mayor of Rome, is an Israelite by descent, English by birth and education, in religion Jewish, Freemason by affiliation, journalist by profession and in politics a staunch adherent of United Italy. For most of these reasons he is persona non grata to the Vatican, and the Observatore Romano, the principal organ of the Vatican, declares his election an indelible stain upon the Eternal City. Nathan received his first lessons in Italian politics from Massini, who spent the last years of his life in the Nathan home, carefully nursed by the mother of the new mayor. Inspired by the old man's accounts of the struggle for Italian unity, Nathan warmly espoused the same cause.

In the troublous times the Nathan family had gone to live in England, and it was there that the family returned to Italy he spoke better Italian than the vast majority of his compatriots, for the language he spoke was the written language of Italy, the language of the great writers, and not the mongrel dialects spoken in so many parts of the country to-day.

Nathan became proprietor of the liberal organ *Dovere*, and used to lecture at times. The king heard him and warmly thanked him. He has several times been called into consultation on national topics by the king, and his hand is seen in the new scheme for the unification of national taxation in the peninsula, and the steps that have been taken to lessen the agricultural burdens of the south. He made rapid advancement in the Masonic order and soon became grand master of Italy.

The clerical party in the city council of Rome, by their policy of standing together in every emergency, had exercised a greater influence than their numbers warranted, and to offset that combination all the other parties combined. The result was the election of Nathan, by a vote of 60 to 12, the mayor being elected by the aldermen and not by the people.

FIGHTS BLOODLESS DUEL



Dr. Alexander Wekerle, premier of Hungary, recently fought a bloodless sword duel with a man who accused him of political dishonesty. This man is ex-Minister of Justice Polonyi, and the accusation was made in parliament. Instead of punching the head of his accuser, as would probably have happened in the American congress, or telling him in courtly phrase that he was "not within the limits of those who speak the exact and entire truth," as an Englishman would have done under such circumstances, Dr. Wekerle applied to Emperor Francis Joseph for leave to fight a duel—and got it. His reason for making the application was that the duel is forbidden in Hungary, and the representative of the people takes the ground that the imperial will can sweep aside a law passed by the representative of the people, a theory which is, of course, inconsistent with the constitution of which Dr. Wekerle has shown himself so enthusiastic a supporter.

Dr. Wekerle, by being the better swordsman, proved to his opponent that he was not politically dishonest. It is all so very simple and logical.

Dr. Wekerle was selected as the head of a compromise cabinet during the recent hitch between Francis Joseph and his Hungarian realm. The Magyars insisted on having the word of command given in their own language in the Hungarian regiments, although fully half of the population is not of the Magyar race. The Germans, Slavs and other races that compose the polyglot population protested to the emperor, and he refused to sanction the change. Thereupon the Magyar parliament refused to vote the supplies. The emperor responded by dissolving parliament and threatening to establish manhood suffrage by royal edict, thereby taking the supremacy from the Magyars. Finally the trouble was patched up temporarily by the selection of a coalition cabinet in which Andrássy and Kossuth, sons of former rebels, were given portfolios.

Wekerle, the premier, is a Protestant, although the masses of the people are overwhelmingly Catholic; he is of plebeian birth in a country where the aristocrats are all powerful; he is not even a Magyar, being of German parentage. He is all that the masses of the population are not, and yet he has succeeded in passing several bills in the past enlarging the liberties of the people.

WOULD TEACH DUELLING



"Duelling is the exhilarating germ of a collegiate education which produces men able to go out into the world to fight battles where quick perception, quick action and quick determination are necessary."

This is the statement of Prof. C. L. de Muralt of the electrical engineering department of the U. of M., at one time "Erster Chargierter" (First Challenger) of his corps in the Polytechnic at Munich.

Though born in Brooklyn, N. Y., most of his life has been spent in the schools and universities of the old world. After graduating from the Zurich Polytechnic eight years ago he returned to America. His specialty is heavy electric power transmission and trunk line traction work. He has been employed by the United States government under several contracts for power plants in the navy yards. He was also consulting engineer on the development of the water power at the Soo.

Prof. Muralt has fought three duels in a single week, and has three great scars entirely across his left cheek, where once the sword laid the cheek open to the bone.

GREAT WESTERN RAILROAD IN HANDS OF RECEIVERS

Road Was Unable to Meet Its Obligations, Which Amounted to Several Million Dollars.

St. Paul.—Judge Walter J. Sanborn of the United States circuit court on Wednesday appointed A. B. Stickney and Charles H. F. Smith, both residents of St. Paul, receivers for the Chicago Great Western railroad. A. B. Stickney is now president of the road. The firm of Kellogg & Severance of St. Paul was appointed attorneys for the receivers.

The appointment of receivers followed inability of the company to meet obligations falling due in 1908 and failure to secure an extension of the obligations. Loss as a result of the boiler makers' strike of last fall is given as a partial cause of the financial straits of the road. It was also pointed out in the proceedings that during the last ten years the road has spent \$19,000,000 in reconstruction.

A petition for a receivership was filed on behalf of the stockholders and the finance committee by John A. Humbert of Minnesota, George P. Meyer of New York and Ward Cummings and Alexander Wallace of Great Britain.

LABOR LEADERS OPPOSE TAFT.

Denounce Candidate for President as Exponent of Capitalists.

Concord, N. H.—Opposition to Secretary William H. Taft as a presidential candidate was embodied in a statement issued on Wednesday by the executive committee of the state branch of the American Federation of Labor. The statement says, in part: "We, the executive committee of the New Hampshire branch of the American Federation of Labor, in sentiment and sympathy with union members of all political parties in this country, hereby declare ourselves unalterably opposed to the nomination of William H. Taft, secretary of war, for the presidency; that we recognize in him, through his public utterances and judicial decisions and opinions, the arch enemy of organized labor; that he is the instrument and the exponent of capitalistic power; that the writ of injunction which he upholds, never was intended, and never should be permitted to deprive honest industry of its personal rights; that we object to his methods of campaigning as any one man's man, however exalted and influential may be his master or widespread his own support and endeavor, and that we are determined and irrevocably opposed to his candidacy."

CARPENTERS MAY STRIKE.

Reduction of Wage Scale at Goldfield May Result in More Trouble.

Goldfield, Nev.—The carpenters' union is dissatisfied with the reduction in the wage scale made by the Mine Operators' association, and especially with the open shop proviso, and may strike. The central labor body, to which the carpenters and electricians belong, has issued an open letter to Governor Sparks, asking for legislation making arbitration of wage disputes compulsory.

Caught Robbers Red-Handed.

Searchlight, Nev.—Caught in the act of blowing open the safe of the Brown, Gosney company's store at 2:30 o'clock Wednesday morning, William McVey, Thomas Nolan and William Kellogg, the latter two miners from Goldfield, engaged in a running pistol fight with Deputy Otto Bodie and John Conant, employees of the store. After the robbers had apparently escaped, they were traced to a lodging house and arrested. Most of the money has been recovered.

Human Pin Cushion Is Dead.

New York.—Mrs. Mollie Desmond, who attempted to commit suicide eighteen months ago by swallowing a package of 144 needles, died on Monday, after physicians had made twenty-five surgical operations upon her and removed all but a dozen needles. Domestic troubles induced Mrs. Desmond to try this extraordinary method of suicide in June, 1906, when she swallowed a set of needles varying in size from a darning needle to the smallest used in fine sewing.

Last of Schmitz Rule.

San Francisco.—The last remnants of the Schmitz administration was cleaned out on Wednesday, when the officials elected last November took charge of the city government. Mayor Taylor, in his address of welcome to the board of supervisors, devoted considerable attention to the subject of an auxiliary water system, discussing it in detail and recommending it highly to the new board as a splendid thing for the city. He also dwelt upon street improvement and urged the rapid rehabilitation of public buildings.

To Turn Light on Sugar Trust.

New York.—Publicity in the affairs of the American Sugar Refining company will be the policy favored by W. B. Thomas, acting president of that company, according to an announcement which he made at the annual meeting of the stockholders. On that point there have been several contests by the stockholders. Claus A. Spreckles declared that he was determined to discover what property the company owned and where the estate of H. O. Havemeyer began.

NO RASCALS IN COLORADO.

Congressman Cook Defends Men Accused of Land Frauds.

Washington.—In a personal letter which he has addressed to the president and vice president, Speaker Cannon and all members of congress, the justices of the supreme court, members of the president's cabinet and the Washington newspaper correspondents, George W. Cook, Republican congressman-at-large from Colorado, severely arraigns the administration for its course in prosecuting alleged infractions of the public land laws in Colorado.

Congressman Cook insists that great injustice has been done to a number of Colorado's most honorable, upright and law-abiding business men in that they have been unnecessarily branded as criminals through over-zealousness of the government in ordering indictments without furnishing evidence. He cites the recent decisions of Federal Judge Robert E. Lewis at Denver, in which he quashed indictments against some thirty citizens to show that government prosecutors were over active in their efforts to punish land frauds.

ACCUSED OF AWFUL CRIME.

River is Yielding Evidence of Brutal Quadruple Murder in Colorado.

Florence, Colo.—That Brodie Buffetti, Dominick Minichiello, Joseph Minichiello and Mrs. Frank Palmetto, who mysteriously disappeared in this city, were foully murdered and their bodies chopped to pieces, is the positive opinion of the police. The disposition made of their bodies is believed to have been partly revealed by the finding of human lungs, a thorax, and a piece of a tongue in the Arkansas river.

Anton Bavari is in jail charged with the murder of the Minichiello brothers. Bavari was engaged in market gardening here in partnership with the Minichiello brothers, and is accused by the police with having murdered them in order to obtain their money and other property. He had \$350 when arrested. Buffetti was an old man employed in the garden. The police believe he was killed because of his knowledge of the other alleged murders. Mrs. Palmetto was a young divorced woman who disappeared two months ago. She had kept house for Bavari, but repeatedly refused to marry him. All her clothes have been found in Bavari's cabinet.

Second Trial of Slayer of Stanford White Begins in Earnest.

New York.—The second jury to try Harry K. Thaw for the killing of Stanford White was completed late Saturday. Five jurors in all were accepted and sworn at the morning and afternoon sessions. As a whole, the jury is made up of a most intelligent body of men, most of whom are at middle age or over. When the panel had finally been completed, after many vexatious delays, and after the exercise of twenty peremptory challenges by the defense and twenty by the people, Thaw announced that he was entirely satisfied, and, in fact, well pleased with the twelve men chosen. Young Mrs. Thaw, who has watched the selection of the jurors with the keenest interest, also declared that she was well satisfied.

Rival Sultans Raising Uproar in Morocco.

Tangier.—Muli Hadd, the brother of the sultan of all Morocco, Abd El Aziz, who some months ago was proclaimed sultan at Morocco City, has been proclaimed sultan at Fes, the sultan of record having been formally deposed. The latest reports state that Fes is in an uproar and that there is great danger of lawless outbreaks and massacre. Couriers are now on their way to Morocco City to summon Muli Hadd to Fes and it is understood that he will receive strong support as sultan on condition that he meets the demands of the people, which include the abolition of taxes and the suppression of all relations with Europeans.

Abyssinians Massacre Italians.

Rome.—News has been received here of serious trouble in Italian Somaliland, on the east coast of Africa, which resulted in pitched battles between the Italian forces there and the Abyssinians. A dispatch reports a raid by 2,000 Abyssinians near Lugh, the furthestmost Italian station in the interior, the Abyssinians robbing, killing and imprisoning many of the merchants. Lugh is garrisoned by only about 125 natives under command of Captain Bongiovanni, and the attacking party laid siege to the town. In a number of engagements that followed, both sides, according to the reports, suffered heavy losses.

Japanese Have Uneasy Feeling.

Tokio.—Incoming telegrams indicating an overwhelming sentiment in America in favor of an exclusion bill, are causing much uneasiness among leaders of all shades of politics, who have repeatedly expressed the conviction that the Americans did not desire to discriminate against Japanese and would accept the attitude of the Japanese government and at the same time save the amour propre of the Japanese.

Will Fight Organization of State Militia.

Carson, Nevada.—A lively session of the legislature is looked for, and there are many radical labor sympathizers among the members, who will fight any measure authorizing the organization of a state militia or a constabulary force that if the plan is constabulary force. It is said by those who are working for a militia or constabulary force that if the plan is blocked the legislature will be asked to memorialize congress to enact a law establishing a permanent military organization in Nevada.